



FY21 ANNUAL REPORT

**SUBMITTED
12/01/2021**

GEOGRAPHIC AREA: *Audubon, Dallas, Guthrie*
APPROVED BY GOVERNING BOARD: **11/22/2021**

Table of Contents

| | |
|--|-----------|
| Introduction | 2 |
| A. Services Provided and Individuals Served..... | 2 |
| Table A. Number of Individuals Served for Each Service by Diagnostic Category..... | 2 |
| Table B. Unduplicated Count of Individuals by Age and Diagnostic Category | 2 |
| B. Regionally Designated Intensive Mental Health Services | 4 |
| C. Financials | 5 |
| Table C. Expenditures | 5 |
| Table D. Revenues | 9 |
| Table E. County Levies | 9 |
| D. Status of Service Development in FY2021 | 10 |
| E. Outcomes/Regional Accomplishments in FY2021 | 10 |

Introduction

Heart of Iowa region was formed under Iowa Code Chapter 28E to create a Mental Health and Disability Service Region in compliance with Iowa Code 331.390. The annual report is a component of the Management Plan which includes three parts: Annual Service and Budget Plan, Annual Report and Policies and Procedures Manual in compliance with Iowa Administrative Code 441.25.

The FY2021 Annual Report covers the period of July 1, 2020 to June 30, 2021. The annual report includes documentation of the status of service development, services actually provided, individuals served, designated intensive mental health services, a financial statement including revenues, expenditures and levies and specific regional outcomes for the year.

This section includes:

- The number of individuals in each diagnostic category funded for each service
- Unduplicated count of individuals funded by age and diagnostic category
- Regionally designated Intensive Mental Health Services

Table A. Number of Individuals Served for Each Service by Diagnostic Category

| Disability Group | Children | Adult | Unduplicated Total | DG |
|--|-----------|------------|--------------------|--------|
| Mental Illness | 56 | 618 | 674 | 40 |
| Mental Illness, Intellectual Disabilities | 2 | 9 | 11 | 40, 42 |
| Mental Illness, Other Developmental Disabilities | 0 | 2 | 2 | 40, 43 |
| Mental Illness, Brain Injury | 0 | 1 | 1 | 40, 47 |
| Intellectual Disabilities | 4 | 7 | 11 | 42 |
| Brain Injury | 0 | 1 | 1 | 47 |
| Total | 62 | 638 | 700 | |

Table B. Unduplicated Count of Individuals by Age and Diagnostic Category

| FY 2021 Actual GAAP | Heart of Iowa Community Services MHDS Region | MI (40) | | ID (42) | | DD (43) | | BI (47) | | Other | | Total |
|---------------------------|---|---------|----|---------|---|---------|---|---------|---|-------|---|-------|
| | | A | C | A | C | A | C | A | C | A | C | |
| | | Core | | | | | | | | | | |
| | Treatment | | | | | | | | | | | |
| 42305 | Psychotherapeutic Treatment - Outpatient | 36 | 7 | | | | | | | | | 43 |
| 71319 | State MHI Inpatient - Per diem charges | 6 | | | | | | | | | | 6 |
| 73319 | Other Priv./Public Hospitals - Inpatient per diem charges | 5 | | | | | | | | | | 5 |
| | Basic Crisis Response | | | | | | | | | | | |
| 32322 | Support Services - Personal Emergency Response System | 1 | | 1 | | | | | | | | 2 |
| 44301 | Crisis Evaluation | 145 | 39 | | | | | | | | | 184 |
| 44313 | Crisis Stabilization Residential Service (CSRS) | 23 | | | | | | | | | | 23 |
| | Support for Community Living | | | | | | | | | | | |
| 32320 | Support Services - Home Health Aides | 1 | | | | | | | | | | 1 |
| 32325 | Support Services - Respite Services | 2 | | | | | | | | | | 2 |
| 32329 | Support Services - Supported Community Living | 18 | 1 | 9 | | | | 1 | | | | 29 |
| | Support for Employment | | | | | | | | | | | |
| 50364 | Voc/Day - Job Development | 1 | | | | | | | | | | 1 |
| 50367 | Day Habilitation | 2 | | 1 | | 1 | | | | | | 4 |

| FY 2021 Actual GAAP | Heart of Iowa Community Services MHDS Region | MI (40) | | ID (42) | | DD (43) | | BI (47) | | Other | | Total |
|--|--|---------|----|---------|---|---------|---|---------|---|-------|---|-------|
| | | A | C | A | C | A | C | A | C | A | C | |
| 50368 | Voc/Day - Individual Supported Employment | 5 | | 3 | | | | | | | | 8 |
| | Recovery Services | | | | | | | | | | | |
| | Service Coordination | | | | | | | | | | | |
| | Sub-Acute Services | | | | | | | | | | | |
| | Core Evidence Based Treatment | | | | | | | | | | | |
| Core Subtotals: | | 245 | 47 | 14 | | 1 | | 1 | | | | 308 |
| Mandated | | | | | | | | | | | | |
| 74XXX | Commitment Related (except 301) | 83 | 2 | | | | | | | | | 85 |
| 75XXX | Mental health advocate | 65 | 1 | | | | | | | | | 66 |
| Mandated Subtotals: | | 148 | 3 | | | | | | | | | 151 |
| Core Plus | | | | | | | | | | | | |
| | Justice System Involved Services | | | | | | | | | | | |
| 25XXX | Coordination services | 309 | 6 | | | | | | | | | 315 |
| 46305 | Mental Health Services in Jails | 168 | 1 | | | | | | | | | 169 |
| | Additional Core Evidence Based Treatment | | | | | | | | | | | |
| 42366 | Psychotherapeutic Treatment - Social Support Services | 2 | 4 | 5 | 5 | | | | | | | 16 |
| Core Plus Subtotals: | | 479 | 11 | 5 | 5 | | | | | | | 500 |
| Other Informational Services | | | | | | | | | | | | |
| Community Living Support Services | | | | | | | | | | | | |
| 22XXX | Services management | 173 | 12 | | | | | | | | | 185 |
| 31XXX | Transportation | 15 | 1 | 2 | | | | | | | | 18 |
| 32335 | Consumer-Directed Attendant Care | 2 | | | | | | | | | | 2 |
| 32399 | Support Services - Other | 2 | | | | | | | | | | 2 |
| 33330 | Mobile Meals | 1 | | | | | | 1 | | | | 2 |
| 33340 | Basic Needs - Rent Payments | 13 | | | | | | | | | | 13 |
| 33399 | Basic Needs - Other | 10 | | | | | | | | | | 10 |
| 41305 | Physiological Treatment - Outpatient | 1 | | | | | | | | | | 1 |
| 41306 | Physiological Treatment - Prescription Medicine/Vaccines | 3 | 1 | | | | | | | | | 4 |
| 41307 | Physiological Treatment - In-Home Nursing | 1 | | | | | | | | | | 1 |
| 42309 | Psychotherapeutic Treatment - Partial Hospitalization | 23 | | | | | | | | | | 23 |
| 42310 | Psychotherapeutic Treatment - Transitional Living Program | 24 | | | | | | | | | | 24 |
| 42396 | Psychotherapeutic Treatment - Community Support Programs | 3 | 4 | | 1 | 1 | | | | | | 9 |
| 46306 | Prescription Medication (Psychiatric Medications in Jail) | 152 | | | | | | | | | | 152 |
| 63329 | Comm Based Settings (1-5 Bed) - Supported Community Living | 1 | | | | | | | | | | 1 |
| Community Living Support Services Subtotals: | | 424 | 18 | 2 | 1 | 1 | | 1 | | | | 447 |
| Congregate Services | | | | | | | | | | | | |
| 64329 | Comm Based Settings (6+ Beds) - Supported Community Living | 1 | | | | | | | | | | 1 |
| 64XXX | RCF-6 and over beds | 13 | | | | | | | | | | 13 |
| Congregate Services Subtotals: | | 14 | | | | | | | | | | 14 |
| Administration | | | | | | | | | | | | |
| Uncategorized | | | | | | | | | | | | |
| Regional Totals: | | 1,310 | 79 | 21 | 6 | 2 | | 2 | | | | 1,420 |

B. Regionally Designated Intensive Mental Health Services

The region has designated the following provider(s) as an **Access Center** which has met the following requirements:

- Immediate intake assessment and screening that includes but is not limited to mental and physical conditions, suicide risk, brain injury, and substance use.
- Comprehensive person-centered mental health assessments by appropriately licensed or credentialed professionals.
- Comprehensive person-centered substance use disorder assessments by appropriately licensed or credentialed professional.
- Peer support services.
- Mental health treatment.
- Substance abuse treatment.
- Physical health services.
- Care coordination.
- Service navigation and linkage to needed services.

| Date Designated | Access Center |
|-----------------|---|
| July 1, 2021 | Safe Harbor Crisis Center, Woodward, IA |
| May 1, 2021 | CHCSI, Osceola, IA |

The region has designated the following **Assertive Community Treatment (ACT)** teams which have been evaluated for program fidelity, including a peer review as required by sub rule 25.6(2), and documentation of each team's most recent fidelity score.

| Date Designated | ACT Teams | Fidelity Score |
|-----------------|--------------------------|----------------|
| August 2019 | Eyerly Ball, Polk County | |

The region has designated the following **Subacute** service providers which meet the criteria and are licensed by the Department of Inspections and Appeals.

| Date Designated | Subacute |
|-----------------|--------------------|
| 5/1/2021 | CHCSI, Osceola, IA |

The region has designated the following **Intensive Residential Service** providers which meet the following requirements:

- Enrolled as an HCBS 1915(i) habilitation or an HCBS 1915(c) intellectual disability waiver supported community living provider.
- Provide staffing 24 hours a day, 7 days a week, 365 days a year.
- Maintain staffing ratio of one staff to every two and on-half residents.
- Ensure that all staff have the minimum qualifications required.
- Provider coordination with the individual's clinical mental health and physical health treatment, and other services and support.
- Provide clinical oversight by a mental health professional
- Have a written cooperative agreement with an outpatient provider.
- Be licensed as a substance abuse treatment program or have a written cooperative agreement.
- Accept and service eligible individuals who are court-ordered.
- Provide services to eligible individuals on a no reject, no eject basis.
- Serve no more than five individuals at a site.

- Be located in a neighborhood setting to maximize community integration and natural supports.
- Demonstrate specialization in serving individuals with an SPMI or multi-occurring conditions and serve individuals with similar conditions in the same site.

| Date Designated | Intensive Residential Services |
|-----------------|--|
| | HICS is still working with a provider to develop this service. HICS is willing to contract with a provider in another region if needed due to the workforce shortage, but this region is hopeful an agreement with a local provider will be possible. |

C. Financials

Table C. Expenditures

| FY 2021 Accrual | HEART OF IOWA MHDS Region | MI (40) | ID (42) | DD (43) | BI (47) | Admin (44) | Total |
|---------------------|---|---------|---------|---------|---------|---------------|---------|
| Core Domains | | | | | | | |
| COA | Treatment | | | | | | |
| 42305 | Mental health outpatient therapy ** | 44,622 | | | | | 44,622 |
| 42306 | Medication prescribing & management ** | | | | | | - |
| 43301 | Assessment, evaluation, and early identification ** | | | | | | - |
| 71319 | Mental health inpatient therapy-MHI | 125,890 | | | | | 125,890 |
| 73319 | Mental health inpatient therapy ** | 44,637 | | | | | 44,637 |
| | Crisis Services | | | | | | |
| 32322 | Personal emergency response system | 844 | 5,100 | | | | 5,944 |
| 44301 | Crisis evaluation | 72,369 | | | | | 72,369 |
| 44302 | 23-hour crisis observation & holding | | | | | | - |
| 44305 | 24-hour access to crisis response | | | | | | - |
| 44307 | Mobile response ** | 5,901 | | | | | 5,901 |
| 44312 | Crisis Stabilization community-based services ** | | | | | | - |
| 44313 | Crisis Stabilization residential services ** | 637,337 | | | | | 637,337 |
| 44396 | Access Centers: start-up / sustainability | | | | | | - |
| | Support for Community Living | | | | | | |
| 32320 | Home health aide | 160 | | | | | 160 |
| 32325 | Respite | 1,943 | | | | | 1,943 |
| 32328 | Home & vehicle modifications | | | | | | - |
| 32329 | Supported community living | 29,910 | 16,890 | | 10,227 | | 57,026 |
| 42329 | Intensive residential services | | | | | | - |
| | Support for Employment | | | | | | |
| 50362 | Prevocational services | | | | | | - |
| 50364 | Job development | 171 | | | | | 171 |
| 50367 | Day habilitation | 3,367 | 528 | 462 | | | 4,357 |
| 50368 | Supported employment | 60,218 | 15,306 | | | | 75,524 |
| 50369 | Group Supported employment-enclave | | | | | | - |

| FY 2021 Accrual | HEART OF IOWA MHDS Region | MI (40) | ID (42) | DD (43) | BI (47) | Admin (44) | Total |
|--------------------|--|------------------|---------------|------------|---------------|---------------|------------------|
| | Recovery Services | | | | | | |
| 45323 | Family support | | | | | | - |
| 45366 | Peer support | | | | | | - |
| | Service Coordination | | | | | | |
| 21375 | Case management | | | | | | - |
| 24376 | Health homes | | | | | | - |
| | Sub-Acute Services | | | | | | |
| 63309 | Subacute services-1-5 beds | | | | | | - |
| 64309 | Subacute services-6 and over beds | | | | | | - |
| | Core Evidenced Based Treatment | | | | | | |
| 04422 | Education & Training Services - provider competency | | | | | | - |
| 32396 | Supported housing | | | | | | - |
| 42398 | Assertive community treatment (ACT) | | | | | | - |
| 45373 | Family psychoeducation | | | | | | - |
| | Core Domains Total | 1,027,369 | 37,824 | 462 | 10,227 | | 1,075,881 |
| | Mandated Services | | | | | | |
| 46319 | Oakdale | | | | | | - |
| 72319 | State resource centers | | | | | | - |
| 74XXX | Commitment related (except 301) | 68,850 | | | | | 68,850 |
| 75XXX | Mental health advocate | 24,806 | | | | | 24,806 |
| | Mandated Services Total | 93,657 | - | - | - | | 93,657 |
| | Additional Core Domains | | | | | | |
| | Justice system-involved services | | | | | | |
| 25xxx | Coordination services | 185,133 | | | | | 185,133 |
| 44346 | 24-hour crisis line* | | | | | | - |
| 44366 | Warm line* | | | | | | - |
| 46305 | Mental health services in jails | 80,208 | | | | | 80,208 |
| 46399 | Justice system-involved services-other | 2,102 | | | | | 2,102 |
| 46422 | Crisis prevention training | 48,240 | | | | | 48,240 |
| 46425 | Mental health court related costs | | | | | | - |
| 74301 | Civil commitment prescreening evaluation | | | | | | - |
| | Additional Core Evidenced based treatment | | | | | | |
| 42366 | Peer self-help drop-in centers | 15,172 | 24,787 | | | | 39,958 |
| 42397 | Psychiatric rehabilitation (IPR) | | | | | | - |
| | Additional Core Domains Total | 330,854 | 24,787 | - | - | | 355,640 |
| | Other Informational Service | | | | | | |
| 03371 | Information & referral | | | | | | - |
| 04372 | Planning, consultation &/or early intervention (client related) ** | | | | | | - |
| 04377 | Provider Incentive Payment | | | | | | - |
| 04399 | Consultation Other | | | | | | - |
| 04429 | Planning and Management Consultants (non-client related) | 16,960 | | | | | 16,960 |
| 05373 | Public education, prevention and education ** | 369,852 | | | | | 369,852 |
| | Other Informational Services Total | 386,812 | - | - | - | | 386,812 |

| FY 2021 Accrual | HEART OF IOWA MHDS Region | MI (40) | ID (42) | DD (32) | BI (47) | Admin (44) | Total |
|----------------------------------|-------------------------------------|----------------|---------------|--------------|--------------|---------------|----------------|
| Community Living Supports | | | | | | | |
| 06399 | Academic services | | | | | | - |
| 22XXX | Services management | 308,501 | | | | | 308,501 |
| 23376 | Crisis care coordination | | | | | | - |
| 23399 | Crisis care coordination other | | | | | | - |
| 24399 | Health home other | | | | | | - |
| 31XXX | Transportation | 18,670 | 10,983 | | | | 29,653 |
| 32321 | Chore services | | | | | | - |
| 32326 | Guardian/conservator | | | | | | - |
| 32327 | Representative payee | | | | | | - |
| 32335 | CDAC | 5,011 | | | | | 5,011 |
| 32399 | Other support | 340 | | | | | 340 |
| 33330 | Mobile meals | 211 | | | 2,940 | | 3,151 |
| 33340 | Rent payments (time limited) | 16,118 | | | | | 16,118 |
| 33345 | Ongoing rent subsidy | | | | | | - |
| 33399 | Other basic needs | 3,042 | | | | | 3,042 |
| 41305 | Physiological outpatient treatment | 125 | | | | | 125 |
| 41306 | Prescription meds | 205 | | | | | 205 |
| 41307 | In-home nursing | 2,029 | | | | | 2,029 |
| 41308 | Health supplies | | | | | | - |
| 41399 | Other physiological treatment | | | | | | - |
| 42309 | Partial hospitalization | 131,442 | | | | | 131,442 |
| 42310 | Transitional living program | 204,139 | | | | | 204,139 |
| 42363 | Day treatment | | | | | | - |
| 42396 | Community support programs | 34,250 | 2,100 | 5,600 | | | 41,950 |
| 42399 | Other psychotherapeutic treatment | | | | | | - |
| 43399 | Other non-crisis evaluation | | | | | | - |
| 44304 | Emergency care | | | | | | - |
| 44399 | Other crisis services | | | | | | - |
| 45399 | Other family & peer support | | | | | | - |
| 46306 | Psychiatric medications in jail | 12,246 | | | | | 12,246 |
| 50361 | Vocational skills training | | | | | | - |
| 50365 | Supported education | | | | | | - |
| 50399 | Other vocational & day services | | | | | | - |
| 63XXX | RCF 1-5 beds (63314, 63315 & 63316) | | | | | | - |
| 63XXX | ICF 1-5 beds (63317 & 63318) | | | | | | - |
| 63329 | SCL 1-5 beds | 7,625 | | | | | 7,625 |
| 63399 | Other 1-5 beds | | | | | | - |
| | Community Living Supports | 743,953 | 13,083 | 5,600 | 2,940 | | 765,576 |

| FY 2021 Accrual | HEART OF IOWA MHDS Region | MI (40) | ID (42) | DD (32) | BI (47) | Admin (44) | Total |
|---|--|------------------|---------------|--------------|---------------|----------------|------------------|
| Other Congregate Services | | | | | | | |
| 50360 | Work services (work activity/sheltered work) | | | | | | - |
| 64XXX | RCF 6 and over beds (64314, 64315 & 64316) | 140,738 | | | | | 140,738 |
| 64XXX | ICF 6 and over beds (64317 & 64318) | | | | | | - |
| 64329 | SCL 6 and over beds | 7,625 | | | | | 7,625 |
| 64399 | Other 6 and over beds | | | | | | - |
| | Other Congregate Services Total | 148,363 | - | - | - | | 148,363 |
| Administration | | | | | | | |
| 11XXX | Direct Administration | | | | | 924,482 | 924,482 |
| 12XXX | Purchased Administration | | | | | | - |
| | Administration Total | | | | | 924,482 | 924,482 |
| | | | | | | | |
| | Regional Totals | 2,731,007 | 75,693 | 6,062 | 13,167 | 924,482 | 3,750,412 |
| (45XX-XXX) County Provided Case Management | | | | | | | - |
| (46XX-XXX) County Provided Services | | | | | | | - |
| | | | | | | | |
| | Regional Grand Total | | | | | | 3,750,412 |

Transfer Numbers (Expenditures should only be counted when final expenditure is made for services/administration. Transfers are eliminated from budget to show true regional finances)

| | | |
|--------------|--|-----------|
| 13951 | Distribution to MHDS regional fiscal agent from member county | 2,272,514 |
| 14951 | MHDS fiscal agent reimbursement to regional member county | 729,445 |
| 15481 | Distribution to Other MHDS Regional Fiscal Agent (CARES Act) | 50,000 |

* 24-hour crisis line and warm line are transitioning from additional core to state wide core services with state funding.

** Core services for children with a serious emotional disturbance (SED). Please Note: Amounts shown also include services provided to Adults.

Table D. Revenues

| | | | |
|--------------------|----------------------------------|--|--|
| FY 2021 Accrual | Heart of Iowa MHDS Region | | |
|--------------------|----------------------------------|--|--|

| Revenues | | | |
|-----------|---|------------|-------------------|
| | FY20 Annual Report Ending Fund Balance | | 962,710 |
| | Adjustment to 6/30/20 Fund Balance | | |
| | Audited Ending Fund Balance as of 6/30/20 (Beginning FY21) | | 722,766 |
| | Local/Regional Funds | | 2,688,085 |
| 10XX | Property Tax Levied | 2,624,893 | |
| 12XX | Other County Taxes | 1,432 | |
| 16XX | Utility Tax Replacement Excise Taxes | 61,760 | |
| 25XX | Other Governmental Revenues | | |
| 4XXX-5XXX | Charges for Services | | |
| 5310 | Client Fees | | |
| 60XX | Interest | | |
| 6XXX | Use of Money & Property | | |
| 8XXX | Miscellaneous | | |
| 9040 | Other Budgetary Funds (Polk Transfer Only) | | |
| | State Funds | | 136,603 |
| 21XX | State Tax Credits | 78,080 | |
| 22XX | Other State Replacement Credits | 58,308 | |
| 24XX | State/Federal pass thru Revenue | | |
| 2644 | MHDS Allowed Growth // State Gen. Funds | 215 | |
| 29XX | Payment in Lieu of taxes | | |
| | Other | | |
| | Federal Funds | | 961,417.00 |
| 2345 | Medicaid | | |
| 2347 | CARES Act | 961,417.00 | |
| | Other | | |
| | Total Revenues | | 3,786,105 |

| | |
|---|-----------|
| Total Funds Available for FY21 | 4,508,871 |
| FY21 Actual Regional Expenditures | 3,750,412 |
| Accrual Fund Balance as of 6/30/21 | 758,459 |

*** ALL revenue amounts are based on FY21 AFR for Audubon and Dallas Counties. At the time of completing this report, Guthrie County did not have the FY21 AFR completed and to the Dept. of Management. Therefore, Guthrie County amounts are from FY20 County Budget found on the Dept. of Management website.

Table E. County Levies

| County | 2018 Est. Pop. | Regional Per Capita | FY21 Max Levy | FY21 Actual Levy | Actual Levy Per Capita |
|--------|----------------|---------------------|---------------|------------------|------------------------|
|--------|----------------|---------------------|---------------|------------------|------------------------|

| | | | | | |
|-----------------------------------|----------------|-------|------------------|------------------|-------|
| AUDUBON | 5,506 | 25.84 | 142,275 | 142,275 | 25.84 |
| DALLAS | 90,180 | 25.84 | 2,330,251 | 2,330,251 | 25.84 |
| GUTHRIE | 10,720 | 25.84 | 277,005 | 277,005 | 25.84 |
| Total HEART OF IOWA Region | 106,406 | | 2,749,531 | 2,749,531 | |

D. Status of Service Development in FY2021

In the spring of 2021, Heart of Iowa was able to get Guthrie and Audubon County to sign their Stepping UP Resolutions so all Counties in the HICS Region are designated as NACO Stepping Up Counties. In the fall of 2021, HICS applied for Audubon and Guthrie Counties to join Dallas as Innovator Counties as part of the Stepping Up initiative and they were accepted.

Discussions have begun within the 5th Judicial in Dallas and Guthrie regarding the development of Specialty Courts. This is an exciting opportunity to formalize the process that is already occurring in our court system throughout our Region and will create better consistency for our MI, SUD, and Veteran population.

Discussions are taking place with an ID provider regarding Intensive Residential Service development. Heart of Iowa Region is willing to assist in the development of the program including hiring and retention of staff, training needs, resource, and referral as well as assistance with service coordination and crisis coordination. At this time, efforts are hampered due to staff shortages. Conversations will continue and solutions will continue to be sought. If needed, HICS will contract with a provider in a neighboring region until services are developed within Heart of Iowa Region.

In July of 2021, HICS was able to designate Safe Harbor as an Access Center. A MOU was developed with CHCSI, located in CROSS region for the sub-acute piece with the hopes that through new service development, Safe Harbor will eventually develop the sub-acute piece in house.

E. Outcomes/Regional Accomplishments in FY2021

Heart of Iowa focused a lot this year on working with schools on the distribution of CARES Act dollars. Therapy in schools was increased as needed. Special needs populations were focused on in certain schools to develop sensory rooms where needed and special equipment was purchased for other programs.

Another major initiative in the HICS Region this past year was to get the word out about what we do. Marketing was huge due to lack of knowledge in the community about the MHDS Regions. HICS participated in a rebranding campaign and focused on educating the community about our Region and Brain Health.

HICS also developed a partnership with Mindspring Mental Health Alliance and formalized our relationship with their affiliate so our members and their families had support groups and information readily available to them. We are working hard to bring together peers for lunch and learns to watch the many webinars Mindspring offers and to develop their own natural peer groups.

HICS staff are all trained as Mental Health First Aid instructors and have assisted two Dallas County Deputies and one West Des Moines Police Officer in getting trained as instructors. This is all to assist in our efforts to provide CIT training at the Iowa Law Enforcement Academy. Last year, we provided that training three times; in April, August, and December and in total trained approximately 245 new officers from all over the state of Iowa. Heart of Iowa Region is very proud of this program.

In 2021, Heart of Iowa also partnered with SolutionPoint Plus to bring various trainings into the Region. We started with crisis de-escalation for the Safe Harbor Crisis Stabilization program which was offered several times through the year. We then brought in a Wellness and Resiliency program directed at Law Enforcement to target their personal well-being. This was offered twice through the year and was well received. We will be bringing that back

in 2022 along with Crisis De-escalation and CIT for some local departments. We are very excited about this partnership.